

Berries

Berries like blueberries, raspberries, blackberries, and strawberries are packed with antioxidants that help reduce inflammation in the body and support the immune system.



Vitamin C-rich Foods

Citrus fruits like oranges, limes, grapefruits, and lemons, are LOADED with Vitamin C - one of nature's most powerful antioxidants. Also on the list - kiwis, bell peppers, and cauliflower.



Leafy Greens

Leafy greens such as spinach, kale, arugula, and Swiss chard are high in Vitamin A and Vitamin C as well as other essential vitamins and minerals that support immunity.



Fish

Fish like salmon, sardines, mackerel, trout, and anchovies are rich in omega-3 fatty acids which have been shown to reduce inflammation in the body while boosting immune function.



Nuts & Seeds

Nuts and seeds like walnuts, almonds, and sunflower seeds are high in zinc which has been found to be effective in reducing the severity of coughs and colds.

